Sets and reps by DoctorpooandtheTURDIS

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Summary:

El's doing her routine workout. Mike walks in and sees her. Things escalate.

Sets and reps

Back in the lab, El had always been forced to maintain herself physically, whether she wanted it or not. Now, however, she was out, free... Though she still liked to indulge in what Mike and the others called a "work-out." Joyce and Hopper said things about dopamine and chemicals, but honestly, to El, it just felt good to do, and so she did it.

First, El began by stretching on the floor, the most important part to starting any workout, to get the muscles ready and prevent them from pulling or tearing. She was wearing simple clothing for the task, a sports bra that pushed up on her breasts in exactly the right way, and pants that clung tightly to her legs. Why go into detail about that? Well, let us say that El didn't work out solely for *her* benefit.

Speaking of whom... Mike walked in, just in time to see El, her rear straight up in the air as she stretched, and she smiled. Yes, El also did it to get a reaction out of Mike. That first time she worked out, she had done it for her own reasons, but she did catch him looking down her sports bra as she stretched, and since then, got some rather... naughty ideas.

"Hello, Mike." El looked up, smiling as she looked into his eyes. She already had him, she knew, hook, line, and sinker, and now, it was only a matter of time. "Do you want to join me?"

Mike gulped, nodding as he approached, and El shuddered in anticipation.

He laid on top of her, pushing, his erection between her ass cheeks through her sweatpants, and he rubbed up against her back. He leaned down to her ear, drawing a breath.

El's face became flushed, as Mike pulled down his pants, going back between her cheeks. His fingers tickled her jaw as he moved her head to face him, and he kissed her sensually as he pushed inside, going to fuck her pussy right through her soaked sweatpants.

"Yeah, get some Mike..." El breathed, wiggling, her breasts jiggling

slightly in her sports bra. Her nipples poked through as Mike reached up to fondle her through her top, taking great handfuls of his girlfriend's boobs.

"More..."

El moved back, taking more of Mike's cock, deepening her cameltoe, and soaking even more of her pants, her juices beginning to drip on the floor. She rocked back and forth, taking deep breaths, as she continued moving.

Mike suddenly picked her up, going over to the weight lifter. He sat down, pulling her onto his lap, making sure she was still riding on his cock, as she began to pull the bar down, sliding up and down his length with the movements, grunting from the strain of lifting as well as the pleasure.

Mike came, staining El's pants, and at the same moment, she did as well.

El slid herself off Mike's dick, smiling. She turned around, kissing him as she fell into his arms feeling happy that her workout was finished, and even happier that Mike took part in it.

"Thank you, Mike." El breathed to him.

"You're welcome." Mike smiled. "So... you wanna go get something to eat or something?"

El bit her lip. Eating something so soon was likely to just replace the calories she'd just burned off... but then again, if she had to work out with Mike again to work it off...

...That'd be fine by her.